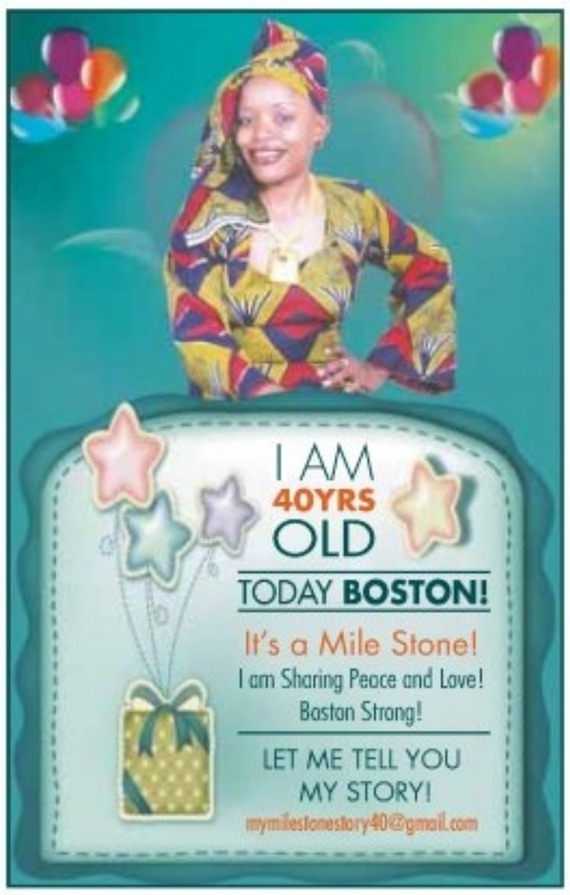
DOC IS OUT: RIVERS IS HEADED TO LA

REPORT: THE C'S WILL RECEIVE A FIRST-ROUND PICK. PAGE 21

metro
BOSTON Monday, June 24, 2013 www.metro.us | t:MetroBOS | f:MetroBoston



Moving day. The makeshift Boston Marathon bombing memorial that has been on display in Copley Square for more than two months will be relocated on Tuesday. **Not forgotten.** Mayor Thomas Menino announces the creation of a Remembrance Committee to oversee plans for a permanent memorial. PAGE 02

Memorial on the move

Mayor Thomas Menino announced that the massive collection of sneakers, signs and patriotic items will be moved to the city archives in West Roxbury. / NICOLAUS CZARNECKI, METRO

Marathon winner donates medal to Hub

PAGE 06

Welcome to the summer of James Badge Dale

PAGE 10

Meet the big dog on Northeastern's campus

PAGE 08

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NEWS
Top 3
What's trending online at Metro.us
1 'The YouTube guide to the 2013 Boston Bruins'
2 'Playing the Field: Serena Williams, Maria Sharapova trade insults'
3 Live Blog: 'Updates from the Whitey Bulger trial'
Today's tweet
"Got to love when a girl wears a white dress on a sunny day in Boston and you can see her neon green thong and bra. Stay classy people."
Looks like @HomelessNacho isn't a fan of dayglow underwear.

Murder investigation

Hernandez home searched, no arrest made

Police sorted through bags of items retrieved from the home of New England Patriots player Aaron Hernandez yesterday as a probe into last week's shooting death of a 27-year-old man continues to unfold.

Hernandez, 23, is at the center of the investigation into the death of Odin Lloyd, a Dorchester resident and semi-professional football player for the Boston Bandits.

Despite apparently false media reports that a warrant had been issued for his arrest, Hernandez had not been taken into custody as of press time yesterday. METRO

Drug suspects

'Trojan Horse' operation nabs seven

Boston Police said Friday they arrested seven men for allegedly trafficking and distributing cocaine and heroin.

Detectives dubbed the six-month investigation Operation Trojan Horse, which they said was part of their ongoing effort "to increase public safety and address quality of life concerns in Boston."

The suspects are residents of Mattapan, South Boston and Roxbury, according to police. METRO

School scare

Weapon arrest at Hyde Park school

A male was arrested Friday morning at the Hyde Park Education Complex for allegedly bringing a gun into the building.

The unidentified suspect, who is the brother of a New Mission High School student, was seen with the weapon near the entrance of the school around 10:30 a.m. Two people were reportedly hurt during a struggle to subdue him. The school was locked down until 12:30 p.m. GLOBE

Two people embraced yesterday as they viewed the many items on display at the makeshift Boston Marathon bombing memorial in Copley Square. / NICOLAUS CZARNECKI, METRO

City: Time to remove Marathon memorial

Bidding adieu. The Boston Marathon memorial in Copley Square will be removed Tuesday.

Hundreds of visitors flocked to Copley Square yesterday to soak in a massive, citizen-built memorial that for more than two months has paid tribute to the victims of the Boston Marathon bombings.

Many of the visitors, mostly tourists, did not realize the window of opportunity to view the makeshift memorial was quickly closing.

City officials and volunteers plan to dissemble the temporary memorial Tuesday, according to a letter Mayor Thomas Menino sent to bombing victims and their families.

"It is my hope that the respectful closing of the temporary memorial will help us all look to the future," said Menino's letter, dated June 17.

Volunteers from the mayor's office, city archives and the New England Museum Association will help break it down by the end of the day, then take the items to the city archives in West Roxbury for cleaning and archiving.

The Boylston Street sidewalk was bustling as visitors meandered around, snapping photographs of personalized remembrances, withered flowers, signed flags, stuffed animals and piles of sneakers.

Mariella Casellas, 17, and her father Jose came from Puerto Rico and couldn't imagine bypassing the tribute.

"It's a way of showing respect for what happened," said Jose.

"I think it's wonderful that a few months after it happened people are still remembering the victims and their families," said Mariella. "I was surprised by the running shoes — I'm assuming they're the runners who left those there. I think that's the heroic gesture."

As for its removal, Mariella said it's unfortunate that Copley Square will part with the memorial.

"It's cool that you're walking down the street and you see this. It's easier for people to see it outside — but at the same time, it can't stay here forever."

Olga Gorham, a former Boston resident, drove in from Tewksbury yesterday to get her first and final glimpse of the memorial. She said it was moving to see it in person, and would like to see a long-term memorial there.

"We wanted to see it before it was taken down. I think it should be displayed for some time, so people can see it and pay their respects," she said. "That's the point of a memorial."

Indeed, there are plans for a permanent memorial.

In his letter, Menino announced the creation of a Remembrance Committee to oversee its creation.

Memorial farewell

Menino writes letter to victims

"The items at Copley Square will be removed on Tuesday, June 25, for cleaning and archiving at the City of Boston Archives. Many other items, letters and tokens have already been removed to prevent further deterioration. This tremendous outpouring of support can be viewed at the Archives, located at 201 Rivermoor Street in West Roxbury.

Moving forward, a Remembrance Committee will be formed to oversee the creation of a permanent memorial or other means of honoring survivors and victims. Survivors and family members have been notified of these plans and welcomed to serve on the Committee should they wish.

It is our hope that the respectful closing of the temporary memorial will help us all look to the future."

MORGAN ROUSSEAU
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Bad rider

Alleged T masturbator arrested

A South Easton man was arrested Friday and charged for allegedly masturbating on a Stoughton Line commuter train. Nicholas Ciampa, 54, was charged with open and gross lewdness. METRO

Worse rider

MBTA seeks sex assault suspect

Transit Police are searching for a man in connection with an armed sexual assault in the parking lot of the South Acton Commuter Rail Station last week.

The suspect, who is described as a short, white male wearing a dark colored hooded sweatshirt and jeans, is accused of attacking the female victim with a knife around 9 p.m. last Tuesday.

T officials typically release surveillance photographs of suspects, but in this case the agency posted a sketch and asked anyone with information to call 617-222-1050, text 873873 or use the Transit Police SeeSay app. METRO

The sketch / TRANSIT POLICE

Whitey trial. Jury to hear more testimony about Bulger as informant

The public and the jury in the trial of alleged mob boss James "Whitey" Bulger is expected to learn more today about the 83-year-old's alleged work as an FBI informant.

James Marra, a special agent with the federal Inspector General's office, took the witness stand Friday and will continue his testimony today. Marra's testimony comes from his office's review of the corrupt relationship between Bulger and his handler, disgraced FBI agent John Connolly.

Prosecutors are introducing as evidence pieces of Bulger's FBI informant card and file during Marra's testimony.

Marra said that shortly after being listed as an informant in 1971, Bulger was delisted because of a "lack of productivity" on information Bulger provided, Marra said.

However, Bulger was again listed as an informant on May 4, 1979, and Connolly was listed as his handler. It also listed Bulger as an organized crime informant and he was later elevated to "top echelon" informant. Bulger's employment was listed as working in the maintenance department for Suffolk County.

Bulger's lawyers have said that Connolly made up most of the information in the file or used information from other sources in order to bolster his own reputation.

MICHAEL NAUGHTON
michael.naughton@metro.us

Actor visits trial

Academy Award-winning actor Robert Duvall showed up Friday and took in the eighth day of Bulger's trial. Duvall walked in just before the start of the court day — at about 8:45 a.m. — and took a seat in the last row, which is reserved for the public.

- He stayed for about 90 minutes before leaving.
- According to Variety, Duvall is shooting a movie in the Bay State called "The Judge."
- Duvall played Tom Hagen in "The Godfather" movie.

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From left: Dr. Ashley Vernon, Dr. Malcolm Robinson, Dr. Scott Shikora, Dr. Jooyeun Chung, and Dr. Ali Tavakkoli

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Brigham and Women's Hospital, *75 Francis Street, Boston*
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Barbecue bombards Boston

Jack "Happy" McDavid of Jack's Down Home Barbecue in Philadelphia grilled up slabs of his famous ribs yesterday during the Phantom Gourmet BBQ Beach Party on City Hall Plaza. The event was billed as the biggest rib-fest on the East Coast, and welcomes participants from Texas, Memphis and as far away as Australia. Tons of sand and summer foods gave the day a beachy feel. / NICOLAUS CZARNECKI, METRO

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Deadly shooting. Three shot, killed at a Roxbury party over the weekend

Two men and a woman were shot and killed at a Roxbury house party early Saturday.

The victims, all in their early 20s, were found with apparent gunshot wounds around 4:18 a.m. at 153 Intervale St. They were taken to area hospitals and later pronounced dead.

Investigators believe the shootings were the result of an altercation.

"We learned that there was a party at that location, and that some sort of scuffle ensued inside, followed by shots inside and three people being struck," Boston Police Lt. Kevin Buckley said at a press conference Saturday.

No arrests had been made as of press time yesterday, but investigators said they were looking for a Hispanic man and a maroon Mercury sedan, and urged anyone with information to contact police. METRO

Mass. achievers

Child wellbeing report expected

The The Annie E. Casey Foundation is expected to release a report today that compares Massachusetts children's educational acheivement and health to kids in other states. SHNS

Free info

Health forum in Fields Corner

The Public Health Commission will host a free family health forum Wednesday night at the Dorchester House Multi-Service Center in Fields Corner. METRO

Boston Marathon champ donates medal to the city

Bombing victims Adrianne Haslet-Davis, right, and her husband, Adam Davis, were on hand yesterday to watch as 2013 Boston Marathon winner Lelisa Desisa of Ethiopia returned his medal to Mayor Thomas Menino in honor of those injured and killed in the bombings. / NICOLAUS CZARNECKI, METRO

Boston bombings. A star runner joined thousands at the BAA's first race since the April terror attack.

The Ethiopian man who won the 2013 Boston Marathon returned to the city yesterday for the first major race since April 15 and donated his medal to the victims of the Boston bombings.

After he crossed the finish line that day, Lelisa Desisa said his "joy turned to sorrow" when he heard of the attack.

"Sport holds the power to unify and connect people all over the world," Desisa said yesterday through a translator. "Sport should never be used as a battleground."

Registration for the Boston Athletic Association's annual 10K opened May 8, just three weeks after the attack. More than 6,400 athletes braved the heat to participate in yesterday's run.

"Let me tell you: As mayor of this great city, for the last several years, I have never seen Boston come together like it has after the attacks," Mayor Thomas Menino said at the ceremony. "Thank you for making Boston stronger."

A moment of silence was held to honor the three victims killed in the bombings as well as MIT Officer Sean Collier, who was killed April 18 allegedly by the bomb suspects. METRO

Running again

The annual BAA 10K, a 6.2-mile race, started and finished on Charles Street near the Boston Public Garden.

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Currently, local doctors are conducting a clinical research study for people with chronic low back pain. They want to evaluate the safety and effectiveness of a study drug called Oxycodone DETERx™.

If you've been diagnosed with moderate-to-severe chronic low back pain, we hope that you will consider learning more about this study.

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Snowden seeks asylum in Ecuador, heading to Cuba

Ecuador. Its foreign minister confirms a request for asylum, and its new president has WikiLeaks ties.

Fugitive former U.S. spy agency contractor Edward Snowden is seeking asylum in Ecuador, the Quito government said yesterday, after Hong Kong let him leave its territory despite Washington's efforts to extradite him on espionage charges.

An aircraft believed to be carrying Snowden landed in Moscow, and the anti-secrecy group WikiLeaks said in a statement he was "bound for the Republic of Ecuador via a safe route for the purposes of asylum."

Ecuadorean Foreign Minister Ricardo Patino, visiting Vietnam, tweeted: "The Government of Ecuador has received an asylum request from Edward J. Snowden."

Ecuador is sheltering WikiLeaks' founder Julian Assange at its London embassy, and Ecuador's ambassador to Russia said he expected to meet Snowden in Moscow yesterday.

Snowden's departure from Hong Kong, a former British colony that returned to China in 1997, is likely to be highly embarrassing for the administration of President Barack Obama. U.S. authorities had said only on Saturday they were optimistic Hong Kong would cooperate over Snowden. REUTERS

Official source

U.S. revokes Snowden's passport

The United States has revoked the passport of former national security contractor Edward Snowden, an official source familiar with the decision said.

It was not immediately clear how Snowden was able to travel, and the official offered no details.

Russian journalists wait for Edward Snowden to arrive at Moscow's Sheremetyevo International Airport yesterday. Snowden left Hong Kong and is reportedly on his way to Venezuela via Cuba. / GETTY IMAGES

US fugitive

US slams Russia for abetting whistleblower's flight to Latin America

U.S. lawmakers yesterday said former national security contractor Edward Snowden's reported flight to Russia with a possible plan to flee onward to Cuba or Venezuela undermined his whistleblower claims, and they slammed Moscow for helping a fugitive.

An aircraft thought to be carrying Snowden landed in Moscow yesterday after Hong Kong let the former National Security Agency contractor leave, despite Washington's efforts to extradite him to face espionage charges.

A source at Russia's Aeroflot airline said Snowden was traveling to Moscow and was planning to go to Venezuela via Cuba. REUTERS

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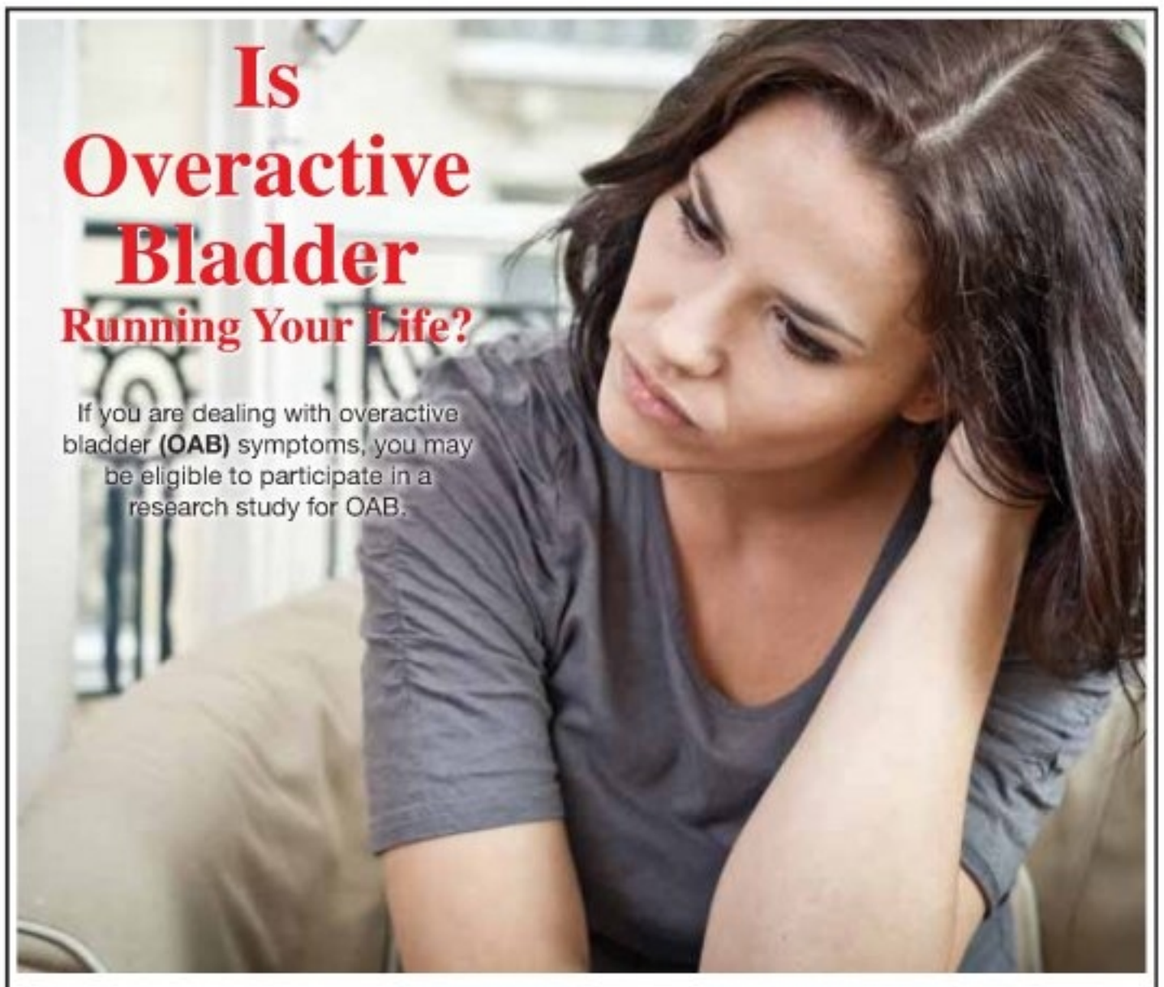
Is Overactive Bladder Running Your Life?



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SEDONA

Matt Shultis, an architecture major, works as Paws, the Husky. / NORTHEASTERN UNIVERSITY

Inside the furry suit: Q&A with the Paws of Northeastern

Mascots. This school's husky has his own bodyguard.

By day, 21-year-old Matt Shultis is a mild-mannered architecture major at Northeastern University. But when the NU Huskies take the field, court or ice, he transforms into Paws, the Husky: 6 and a half feet of fur, gyrations, pep and pacifism.

How did you get chosen to be Paws?
I'm a good skater, and I fit into the costume ... ? Skating is important. Hockey is a big sport for us. I applied for the job through financial aid work-study.

What's it like to inhabit Paws?
Nobody on campus knows I'm the man behind the suit. When I throw on the suit, it's like I'm Batman or something. Like, suddenly everybody wants to meet me. It's a secret identity. I feel like I can do almost anything and not be embarrassed.

Do you feel you're an upgrade from King Husky, the real live dog that Northeastern trots out for some events?
I'd say so. Sure, you're allowed to, like, go up and pet the dog. But the dog can't throw T-shirts into the stands.

Are there any downsides to donning the Husky head?
Definitely. People mess with you. Paws has this, like, huge tongue hanging out of his mouth. People come up and grab it, yank on it, whatever. Then there's the opposing team's fans. It's ridiculous that some people get that angry at a mascot. But you can't do anything. You just have to walk away. I have a bodyguard that escorts me everywhere.

Do you have a rival mascot?
Rhett, [Boston University's] terrier.

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Looking for mascots

Is there a school mascot you would like to know the story behind? Email julia.furlan@metro.us and tell us who we should feature.

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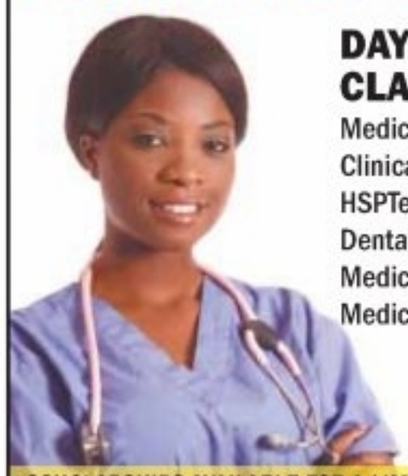

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What you may have missed in Kimye news

I'm pretty sure that people in outer space have heard what Kanye West and Kim Kardashian named their baby girl, but just in case you were in solitary confinement over the weekend, her name is North. As in North West. And it exploded the Internet.

Within an hour of the announcement, "North West" became a global trending topic on Twitter, with everyone cracking jokes (some posted photos of a compass with the tweet, "The first picture of Kim and Kanye's baby!") to @surisburnbook saying, "It's cute how you can spell 'the worst' with the letters from North West's name."

Me? At first I was open-mouthed at the news, but now I kind of like it. I mean, it's Kim and Kanye's baby. It's not like they were going to do something normal.

Kendall Jenner: so sweet

Kendall Jenner was all candy and smiles at the opening of Sugar Factory American Brasserie Thursday in New York City, where she hosted the event. Ever the professional (even at 17), the star kept mum about sister Kim Kardashian's new baby girl. But she couldn't keep quiet about the restaurant's debut. (Maybe it was all the sugar?) "It's such a fun place to be. Great food, great candy, it's just awesome," she told Metro. Her favorite candy? "Sweet Tarts!" / GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Bynes' new nose

Amanda Bynes finally got her nose job this weekend, revealing on Twitter that she's got a lot more about the operation to share.

"I'm going to post a video of some of the procedure on my Twitter," Bynes writes. "I need one more procedure to thin out the bridge of my nose." So we all have that to look forward to.

Quoted

"I cried like almost 15 thousand times."

Jennifer Lopez told the Associated Press after being awarded the 2,500th star on the Hollywood Walk of Fame on Thursday

Just what is going on with Justin Bieber?

Justin Bieber's neighbors are so fed up with his and his friends' reckless driving in their gated Calabasas, Calif., community that they've asked the police to intervene, according to E! News. There's also been an emergency Homeowner's Association meeting planned to address the issue.

"It has been escalating for the past six months. He has begun to flip over to a really dark side," a neighbor says of Bieber's "aggressive, reckless" behavior. "They have sent him warnings. He's out of control. Everyone has a Bieber white Ferrari story. God forbid someone gets hurt by that car. He just feels like he is above the law."

Other reasons for concern? The singer's new Instagram video, where the star seems pretty high. "So, crazy news guys!" said the giddy Bieber as he giggled (oh, how he giggles in this video). "There is video on Instagram." And then it shuts off, presumably so he can go munch on some Funyuns.

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Steve Martin is sorry about his absence, Seth Rogen is on the move, Elizabeth Hurley is procrastinating and Kevin Nealon needs a new phone.

@SteveMartinToGo: The reason I haven't tweeted for a while is because I haven't written anything and then pressed "Tweet."

@Sethrogen: Just flew from Australia to London, which I think is as far as you can travel on earth before you're heading back to where you started.

@ElizabethHurley: Yes- I am putting off packing and learning lines by tweeting nonsense.

@kevin_nealon: Lost my cell phone in Johannesburg last night. Please address your future tweets to @Mullah Sowungo the Cab Driver.

Box office

Brad Pitt is almost a box office champ

"Monsters University," the prequel to Pixar's 2001 animated blockbuster "Monsters, Inc.," scared up $82 million in weekend ticket sales to easily outdistance the week's other new movie, the big-budget apocalyptic thriller "World War Z," which came in with an impressive haul of $66 million.

"Monsters University" / PIXAR

"World War Z," the story of a zombie pandemic starring Brad Pitt, was the star's biggest opening weekend ever, outpacing the $50.3 million for "Mr. And Mrs. Smith."

Last week's top movie, the Superman reboot "Man of Steel," was third with ticket sales of $41.2 million. Its total cume stands at $210 million.

"Monsters University" was Pixar's 14th consecutive film to head the box office for the weekend it premiered in theaters. REUTERS

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JAMES BADGE DALE

The actor pops up in three summer movies, including "World War Z."

HERE, THERE AND EVERYWHERE

GETTY IMAGES

James Badge Dale isn't a household name, though he did star in AMC's short-lived but acclaimed "Rubicon." But he's everywhere this summer. In "Iron Man 3" he played Eric Savin, the villain's main henchman. In "World War Z" he's a gruff soldier stationed in South Korea. And in the forthcoming "The Lone Ranger" he's the titular hero's outlaw older brother, whose moral code is a bit more gray.

What was it like doing films on this scale?
They were three different experiences for me in three ways — three separate genres, three completely different characters and three different sets of obstacles. I don't know how to ride a horse. [The Lone Ranger" producers] had me show up six weeks early and learn how to handle weaponry. On "Iron Man," I'd never worked in front of a green screen.

What was that like? With most movies, at least the thing you're acting with is present.
Right, there's something in front of you. With a green screen, it's not there. It doesn't exist. You have to trust the people you're working with. My experience on "Iron Man" was a beautiful learning experience. These guys — Robert Downey [Jr.] and Don Cheadle and Jon Favreau — they supported me, and taught me how to play and how to be free. It's as if you're six years old and nobody's watching you. You're just making stuff up. That's working on a green screen. You have to let go of any inhibitions.

How quickly do you get over acting with major superstars?
You don't have time for that. It's not like you're meeting the guy on the street. You're working with him. So you have to show up for work. Someone told me you don't want to work with a guy who isn't nervous. I've made this mistake where I try to act like I'm not nervous. It's okay to be a little starstruck. You just come prepared and have fun. You find that all these guys are great guys. All these guys are going through the same things you are. You become coworkers. I have a hard time when I'm working with women stars. That's when you get starstruck. You're working with Carey Mulligan — she wouldn't give me the time of day in real life.

What's the difference with working on TV vs. film?
The biggest difference with a film is there's a definitive ending. You always know where you're trying to get to. With television, if the show is successful, it keeps going. All the television I've been on has never made it past the year. I've never had this problem. Friends of mine who've been on the second or third season, they always have to struggle to continue to find where they're going with everything, and how to make it real. It could go on forever.

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Rascals: Groovin' to a unique reunion

Concert. After 40 years, the band reunites for "Once Upon a Dream."

Dino Danelli, Felix Cavaliere, Eddie Brigati and Gene Cornish of The Rascals have reunited, thanks to Steven Van Zandt, center. / THE HARTMAN GROUP

A young Steven Van Zandt and Bruce Springsteen, who didn't know each other at the time, went to see The Rascals at a roller rink on the Jersey Shore in the summer of 1966.

The show made quite an impression on the future E Street Band members.

The Rascals "were absolutely amazing, and it was one of the most inspiring performances of my life," Van Zandt says. "It stayed with us — half rock, half soul — so we trace our roots very much to them."

Now, after more than 40 years apart, the original Rascals — Felix Cavaliere, Eddie Brigati, Gene Cornish and Dino Danelli — have reunited for a theatrical concert, "The Rascals: Once Upon a Dream." The show, which sold out a Broadway run earlier in the spring, comes to the Opera House tomorrow night.

Quoted

"I wanted to re-establish the legacy, re-establish the history and the identity of the band."
Van Zandt

Van Zandt, the co-producer, co-director and writer of the show, had tried to reunite the original members for 30 years.

"They're very idealistic guys," he says. "There's been a lot of money thrown at them, and they turned it down, and finally it came down to this idea, and I think it appealed to them."

"I wanted the show to be a great concert, but I wanted to re-establish the legacy, re-establish the history and the identity of the band. People need to be reminded, and you can't blame the public when you're gone for 40 years."

When they formed in 1965, The Rascals were part of America's answer to the British Invasion, with hits including "Good Lovin'," "Groovin'," "People Got to Be Free," "A Beautiful Morning" and "How Can I Be Sure." The group, now in the Rock and Roll Hall of Fame, expanded the scope of the era's rock-pop sound with elements of soul, jazz and the use of complex arrangements and instrumentation.

In "Once Upon a Dream," the band plays more than 30 hits, augmented by a few backup musicians and singers and a 50-by-25-foot LED screen, which illuminates the songs and the story of the band.

In New York, Brigati's "How Can I Be Sure" was a showstopper.

"I want people leaving feeling elated, with a sense of inspiration and motivation and a certain optimism that you can't come by too easily these days," says Van Zandt, who is currently on tour with the E Street Band in Europe. "I'm very proud that people are leaving the show feeling that anything is possible."

If you go

'The Rascals: Once Upon a Dream'

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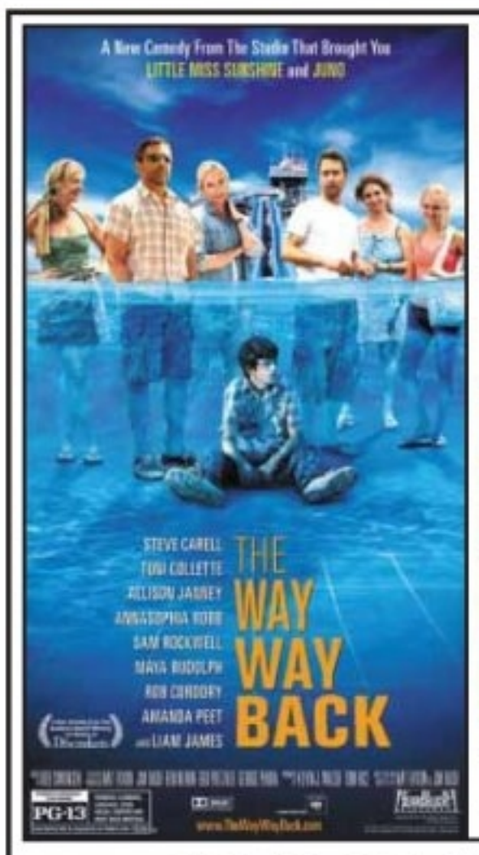

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PLUS

Calling all yogis

Now hiring

According to Reuters Press Digest, the yoga wear giant Lululemon Athletica Inc. is on the hunt for a new chief executive. Sounds pretty good, right? You love yoga — you could probably go for the job, you're thinking. It turns out, the credentials aren't quite what you might expect: You must be fluent in Sanskrit, be able to hold a "headstand for at least 10 minutes" and be able to do "wheatgrass and tequila shots" on Fridays.

How doing yoga will help you run better

Fitness. Running isn't just about speed. This yoga sequence won't make you run faster, but better.

Yoga can help prevent running injuries. / PROVIDED

What happens when you run

Running is great cardio, but it's not very well-rounded, warns Laura Denham-Jones, who teaches a runner's yoga class at Triyoga, London's top health center. "As an exercise that requires you to do a repetitive motion, over and over, some muscles are used more than others. The problem, in the long-term, is that if you have some imbalance in the body, like a weak or tight side or a twist in your pelvis, then you're repeatedly doing that same out-of-sync motion, which will make things worse. Things like your hips and your hamstrings will get tight," she explains.

While it's not so bad to have some tightness in muscles that are supposed to be strong, you'll need to balance out all the work they do. Why? To prevent injury, says Denham-Jones: "If things get too tight, and you then try and do something like increase your stride, you risk pulling your hamstrings. And it's amazing how reluctant runners can be to take time off from their training when they're hurt."

Sorry, but yoga won't make you run faster. (If that's what you're after, train harder.) But what it does offer is injury prevention through stretching and strengthening the body. "Recovery is crucial," she says. "No one should be training hard seven days a week. Yoga, being a practice that helps to decompress the muscles, will draw attention to any quirks in your body. Restoring muscles back to their original length will enable runners to keep their range of motion and strengthen their body."

Let go of ego

Yoga is about respecting the body: "It creates a body awareness whereby, when you notice when something is painful, instead of pushing through in a macho kind of way, you learn to take things easy so that you can nip injuries in the bud." Another benefit is that, as yoga is done barefoot, you can't rely on shoes to support your ankle: Your muscles are doing all the work, and they'll inevitably get stronger. You're also stretching the tendons and increasing suppleness through the foot, says Denham-Jones.

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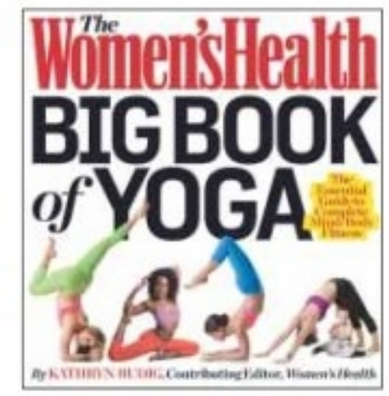

Now try this sequence by yogi Kathryn Budig, author of "The Women's Health Big Book of Yoga," to release tension in the hip flexors, hamstrings, glutes and IT band, all overused in the repetitive motion of running.

RUNNER'S YOGA SEQUENCE

Elongate your muscles, lengthen your stride and increase your range of motion with these moves.

KATHRYN BUDIG

1 Downward Facing Dog

Stretches the calves and the hamstrings

2 Crescent Low Lunge

Stretches out the hamstrings and improves balance

3 Single Pigeon

Helps to open up the hip flexors and increase range of motion

4 Bound Angle

Releases tension in the hip flexors

5 Seated Forward Fold (with strap)

Stretches the shoulders, spine and hamstrings

6 Reclined Big Toe III (with strap)

Stretches the hamstrings, hips, calves and thighs

Zen in the City

GABRIELLE BERNSTEIN

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Gabrielle Bernstein is the author of "Spirit Junkie."

IF YOU'RE SOMEONE WHO REALLY LIKES 'LIKES,' THIS ONE'S FOR YOU

Do you refresh Facebook 15 times an hour to track the "likes" on your status? You're not alone. In some way or another, many of us have become slightly (or not so slightly) obsessed with the social media feedback loop. While it may seem like a sign of the times, it's actually just another way we reinforce a desperate need to feel good enough: The more likes we get, the better we feel.

But what happens when the like button isn't pushed, or the retweets just don't happen? Then what? A social media meltdown? If this resonates with you, trust that you're not alone. Remember that last scene of "The Social Network"? Even Mark Zuckerberg refreshes his page for feedback.

I too have struggled with the social media feedback loop. Early in my career as an author, speaker and dot-com entrepreneur, it became clear to me that social media was a powerful way to carry my message to the masses. I worked up an unhealthy obsession with it: My boyfriend would ban me from posting during dinner, and my mom could only get in touch by tweeting at me. I didn't see it as an issue. Thousands were liking my fan page and retweeting my posts — it was heaven for my ego.

Then, one afternoon, I noticed myself wasting an hour watching my Twitter feed and Facebook fan page for positive feedback. As a self-help book author and Spirit Junkie, this was unacceptable. I turned away from the screen and said aloud, "I'm addicted to social media feedback."

Rather than beat myself up or deny the reality of my obsession, I put myself on a social media detox for 30 days. No, I didn't shut down my Twitter page or deny my fans. I continued to post as frequently as before, but I made a 30-day commitment to ignore the retweets and lay off the likes. I cleared space for self-love and self-soothing. When I no longer cared about responses, I could spend more time focusing on sharing what I honestly felt rather than what I thought might get the most retweets. Ironically, this practice did wonders for my social media presence. Without even trying, I grew my fan page by 1,500 members in 30 days and got more impressions on Twitter than I'd ever had before.

See more at www.metro.us

Don't give your computer the power to define your happiness. / CREATAS

Retreat from retweets

If you too are a social media feedback junkie, consider my 30-day practice. Get honest about your behavior, commit to lay off the "refresh" button and clear space to share honest content rather than some canned comment that you think might get a ton of activity. Enhance your self-worth from the inside out and shine light on the Twittersphere.

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Evolution of the internship

Experience. Will 'The Internship' inspire other adults to seek one out?

Internships might not just be for young people anymore. / BANANASTOCK

The process of hunting for, securing and ultimately completing an internship in a desired career field has evolved into a stressful reminder of the post-graduation hurdles that await potential job-seekers.

The recent release of "The Internship," starring Vince Vaughn and Owen Wilson, glamorizes one of the business world's most sought-after internships while lampooning the plight of two 40-year-olds who land a college tech geek's dream — internships at Google.

In today's business landscape, the movie's premise might not entirely be Hollywood fiction.

Michael Crom, executive vice president of Dale Carnegie Training, evaluates trends in the business world. He often works with companies to assess both paid and unpaid internships.

As a leader of a global performance improvement, assessments and training company, Crom has seen the importance of internships, for both employers and interns, grow mightily in recent years.

"The Internship" is Hollywood satire, but is it reasonable to believe that companies could start hiring interns who aren't college-aged?
I think you may see some older people doing it if they make a career transition. Not all employers will accept someone who is not a college-aged intern, but there are those that would take a 40-year-old intern and benefit from it. Sometimes if you're laid off, for example, you might have some continued compensation, and it might give you a few months to take an internship that is unpaid.

How have internships evolved in the last decade?
I think with the financial crisis, internships became more and more important. In some ways, companies began to rely on interns in lieu of full- and part-time people as a way to fill in some of the gaps that were created by the economic pressures. Many companies are putting a heavy emphasis on using this as a screening tool.

How can companies that hire unpaid interns fulfill legal obligations while ensuring a worthwhile internship?
They need to be very cognizant of the legal criteria. Ultimately, the internship is a benefit to the intern. But it shouldn't displace regular positions. An additional obligation is, whether they are paid or not, that you are there to help them grow and not take advantage of them.

CHRIS LONGO
letters@metro.us

Attitude check

How can interns make sure they aren't overwhelmed by increased expectations of companies?
Interns should work with their employer to establish an understanding of expectations. If you can open those lines of communication, you'll be productive as an intern. The critical factor is keeping your attitude right. You're not coming in complaining about this overload, but you're asking if you can clarify.

DON'T BE AFRAID TO ASK FOR HELP AT THE OFFICE

Don't be afraid to speak up. / FOGSTOCK

Most of us don't like asking for help at work, even when we're overwhelmed. Last year, I interviewed a successful small business owner who mentioned one thing that had initially held her back: feeling she had to do everything herself. But she soon realized her male counterparts were asking other entrepreneurs for help and advice all the time, and that this actually played a significant part in their success. She let her guard down and followed their example, and advises women to do the same.

I spoke to leadership coach Henna Inam about a few of the reasons why women in particular are so squeamish about asking for help.

I hate bothering people

To turn this perception around, think instead about how you'd feel if someone asked you for help or advice. Most of us, Inam points out, would feel flattered in that situation: "The ego feels good. You're able to give someone something they need and want." So don't hold back.

Tips

Why not ask for help?

Fear of rejection. We tend to take "no" very personally. We need to take a step back and realize it's not always about us. "If we decide not to take it personally, the way we ask becomes different," Inam says.

It makes me look like I can't do it myself

There are two sides to this one. First, there's you grappling with your own ego, the stubborn voice insisting that you don't need help. Second is dealing with the fact that some colleagues may actually consider asking for help as a sign of weakness. Inam says women can't be afraid of other people's opinions. "If [not asking for help] becomes an unconscious habit, that's when it becomes dangerous," she says.

In other words, be judicious about who and when you ask — but if you need help, ask.

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Horoscope

♋ Cancer | June 21-July 22. When it comes to work-related issues, don't be overly dependent on coworkers who've helped you in the past. They might not be around this time.

♌ Leo | July 23-Aug. 22. As long as you're permitted to think for yourself, you'll be productive. Undue orders or interference will slow you down to a crawl.

♍ Virgo | Aug. 23-Sept. 22. Your judgment is likely to be far superior to that of a well-intentioned friend. Listen to this person's advice, but keep your own counsel.

♎ Libra | Sept. 23-Oct. 22. Don't put off important assignments until the last minute. You'll be much sharper early in the day, so you shouldn't waste those hours.

♏ Scorpio | Oct. 23-Nov. 21. Tend to your own affairs before trying to help out other people. You won't be thought of as selfish, just efficient.

♐ Sagittarius | Nov. 22-Dec. 21. There is no valid reason why you should share your good fortune with persons who had no hand in bringing it about. However, be sure to reward those who did help out.

♑ Capricorn | Dec. 22-Jan 20. Your ability to evaluate things correctly might not be as effective as you think. Try to operate only in areas of strength.

♒ Aquarius | Jan. 21-Feb 18. Try to relax and let things take their course. You've worked hard to plan something well, and you don't need to make any last-minute changes.

♓ Pisces | Feb. 19-March 20. Success is likely if you're able to organize your priorities in a methodical manner. If for some reason you can't, you're likely to end up being an also-ran.

♈ Aries | March 21-April 20. Unless you have your mind on what you're doing, you could end up taking one step forward and two steps back. Obviously, doing so will get you no place fast.

♉ Taurus | April 21-May 21. Your first thoughts are likely to be your best, yet for reasons known only to you, you're likely to put far more stock in your less-accurate assessments.

♊ Gemini | May 22-June 20. Don't push your commercial dealings too far. Holding out for extra concessions might take all the snap out of the rubber band.

BERNICE BEDE OSOL

Letters

Judge Iran by its deeds, not by one man's words

Re: 'Time for the olive branch' (Metro, June 21-23) Nancy Wrenn's letter falls for Iran's "good cop, bad cop" routine. Yes, Rouhani sounds a lot better than Ahmadinejad. But Khamenei still holds the real power in a regime that supports Hezbollah and Assad. Iran has used talks as a stall tactic to prevent sanctions while continuing its nuclear development. If Iran genuinely wants to improve relations with the West, it needs to prove that with actions, not words.

Our sanctions finally have some teeth, and they cannot be relaxed until we have proof that Iran has abandoned its non-peaceful nuclear intentions.

JIM FLETCHER, VIA EMAIL

Online

Read letters at Metro.us!

In addition to news, features, updates and more, Metro is now posting letters to the editor on our website. Check it out at Metro.us.

Morality needs some absolutes

Re: 'Don't need religion to be good' (Metro, June 20) Letter writer Craig G. Shoemake dogmatically dismisses religion and doctrinairely asserts the existence of "many excellent reasons … for behaving morally, doing good to others and demonstrating compassion" while offering not one by way of example. Without a divinely rooted source of objective morality to which to conform ourselves, Shoemake's secular reasons can only ever be man-made, personal, subjective, improvised and relativistic at best, not to mention non-binding.

GILBERT COLON, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

6	1	2					8	
7					9			
	4	9				7		6
		5	4	8		6		
2								1
		3		2	6	9		
9		1				4	2	
			3					7
	7					1	9	8

	5	9	4		6			
		1		8		6		
3			2				8	1
					8			
2		8	6	7	1	3		5
			5					
1	8				2			3
		3		6		2		
			8		4	9	1	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 "Songs of Innocence" poet
6 Fancy fabric
10 Empire builder
14 Turn color, maybe
15 Range part
16 At the summit
17 Oblige
18 "— Sides Now"
19 Yard tool
20 Tabby treat
22 Cowpoke
24 MTV hosts
26 Chaplin in-law
27 Most frugal
31 Hoosegow
32 Refuge
33 Shakespearean sprite
36 Cleveland NBAer
39 Buyer's caution (2 wds.)
40 Lairds' households
41 M.D.'s reading
42 Admin. head
43 Was drawn to
44 Afternoon TV
45 Gamble
46 Really big
48 Buoyant
51 Dark brew
52 Showed off
54 "Key Largo" actress
59 Carry on
60 OPEC member
62 Tybalt's slayer
63 "Famous" cookie maker
64 Ibsen's home
65 Fix a manuscript
66 Unlawful act
67 Fritz's refusal
68 No rocket scientist

Down
1 — -a-brac
2 Succotash bean
3 Dr.'s visit
4 Sharp as a razor
5 Pep up
6 Toss
7 Declare openly
8 Paris subway
9 Improves
10 Edge
11 "I don't mind — —"
12 Bumpkin
13 Mimic
21 Slumber-party wear
23 "Hud" actress
25 Rhubarb unit
27 Catch a fly ball
28 Rio Grande town El —
29 Tel —
30 Matter, in law
34 — Dawn Chong
35 Where Madras is
36 "Misery" costar
37 Elec. units
38 Urn
40 Medal or quote
41 Average guy
43 Spinks of the ring
44 Applied salve
45 Most morose
47 Diamond org.
48 San Antonio landmark
49 Kind deed
50 Succinct
52 Toga party site
53 Painter Salvador —
55 Go's opposite
56 Word from the pews
57 Projector part
58 Seam, in mining
61 Persona — grata

Weekend's answer

S	P	A	R		D	E	C	A	F		C	B	E	R
W	A	G	E		A	M	A	N	A		R	U	D	E
A	L	U	M		M	U	R	A	L		E	R	I	E
B	L	E	A	K			P	I	L	E	A	T	E	D
			R	O	S	S		S	S	T	S			
B	E	C	K	O	N	E	D			A	I	T	C	H
L	A	O		L	I	R	A	S		S	N	A	R	E
E	G	A	D		T	U	L	I	P		G	R	E	W
E	L	L	E	N		M	A	G	I	C		O	P	E
P	E	S	C	I			I	M	P	A	R	T	E	D
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B	A	D	M	O	U	T	H			O	B	E	Y	S
S	L	A	B		R	A	I	T	T		A	S	E	A
M	A	L	E		T	R	E	E	S		L	A	W	N
T	I	E	R		S	I	D	L	E		D	U	S	K

Interactive Crossword

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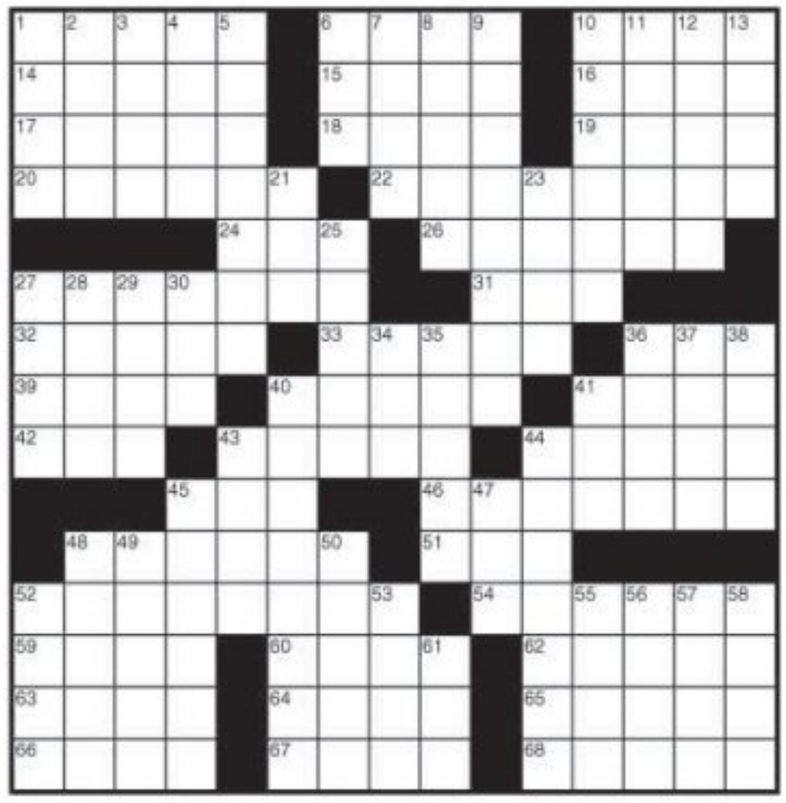

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3 SPORTS

BOSTON RED SOX

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Find highlights of yesterday's Red Sox-Tigers game **Metro.us/sports.**

2013 STANLEY CUP FINAL — BOSTON vs. CHICAGO

Hawks have thrived, Bruins say 'do or die'

NHL playoffs. Chicago has taken care of business when it has had the opportunity this postseason.

The 2013 season comes down to another must-win scenario for the Boston Bruins as they head into Game 6 of the Stanley Cup Final tonight (8, NBC) at TD Garden against the Chicago Blackhawks trailing 3-2 in this instant classic series.

All the B's want to do is survive for another night and force a winner-take-all Game 7 on Wednesday at the United Center. The numbers are at least in their favor since Boston is 8-3 at home during this postseason and Chicago is only 4-5 on the road — though most recently the Hawks won Game 4, 6-5, in overtime on Causeway Street.

"Well it's pretty obvious: It's do or die," said Bruins head coach Claude Julien after Saturday's frustrating 3-1 loss in Game 5 in Chicago. "We've been there before, and we've done well in that situation. So we've got to, again, win the next game. There is no panic, you're not going to push us away that easily. We're a committed group and we plan on bouncing back."

In terms of games where they've faced elimination, Boston is 1-0 during this run. They rallied for the 5-4 overtime win over Toronto in Game 7 in the first round. Chicago has shown the ability to get rid of teams when the opportunity presents itself as it is 3-0 in closeout games this postseason: Game 5 vs. Minnesota, Game 7 vs. Detroit and Game 5 vs. Los Angeles.

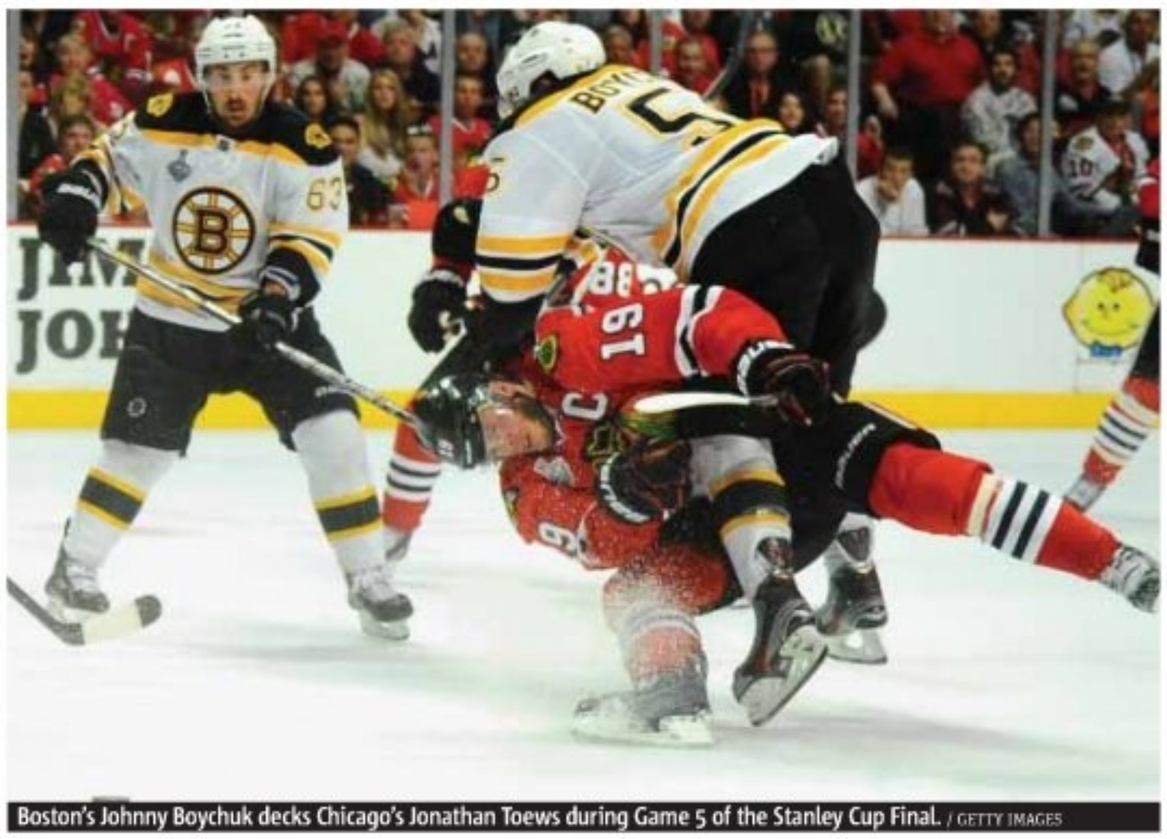
The Garden crowd will surely do everything in its power to push the Bruins to a victory in their last home game of the season and the B's would really benefit from scoring the first goal. The team that has scored first has won the last three games. The Bruins will need one last two-game win streak to rally for the Cup. The B's could do themselves a favor by drawing some penalties: Their power play is 4-for-14 in the series (28.5 percent), which is great for them, and they had power-play goals in Games 1, 3 and 4. They never got the chance to go on the power play in Game 5, coming on the heels of two power-play goals in Game 4.

RICH SLATE
sports@metro.us

Battle for the Cup

"I'm not really listening to it. I have a job to do. Whatever is being said doesn't really affect what I'm going to do on the ice."

Corey Crawford, Chicago goaltender
On the criticism he began receiving after Game 3 and Game 4



Boston's Johnny Boychuk decks Chicago's Jonathan Toews during Game 5 of the Stanley Cup Final. / GETTY IMAGES

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Rivers to Clippers deal close to its completion

NBA. The Celtics and Clippers reportedly agreed to a deal yesterday that will send a first-round pick Boston's way.

Celtics point guard Rajon Rondo and coach Doc Rivers reportedly almost came to blows at one point in Rivers' Boston tenure. / GETTY IMAGES

There was over a week's worth of rumors, denials, canceled press conferences and interference from the league office, but it appears that Doc Rivers is finally set to become the head coach of the Los Angeles Clippers.

Yahoo Sports reported yesterday afternoon that the Clippers were nearing an agreement to send an unprotected 2015 first-round draft pick to the Celtics for the rights to land Rivers and that L.A. and Rivers were already "working on the language" of a three-year, $21 million contract. The Celtics had reportedly sought a first-round pick in exchange for Rivers all along, and the Clippers were reluctant to meet the price until yesterday. The deal would still have to be approved by the league office, which had "serious misgivings" last week about the Celtics shipping Kevin Garnett to L.A. in a "package deal" with Rivers.

Another intriguing story regarding Rivers popped up over the weekend as Sheridanhoops.com reported that the C's head coach and star point guard Rajon Rondo nearly fought each other after a confrontation in a team meeting in which Rondo "dropped an F-bomb" on his coach. A furious Rivers reportedly physically went after Rondo before it was broken up by Celtics players and officials.

Rivers guided the Celtics to their first NBA title in 22 years in 2008 and has been at the head of the C's bench since 2004 when he replaced then-interim head coach John Carroll.

MATT BURKE
matthew.burke@metro.us

Rivers comes to an end

587

Doc Rivers has a 587-473 record in the NBA, having coached the Celtics and Orlando Magic. Of the 587 victories, 416 of the wins came with the Celtics. Red Auerbach and Tommy Heinsohn are the only two Boston basketball coaches with more victories than Rivers.

Red Sox. Tigers surprise Sox in the late innings, dealing Boston ugly loss

Ugly seventh and eighth innings by the Red Sox allowed Detroit to plate four runs Sunday in a 7-5, come-from-behind victory for the Tigers.

Andrew Miller (0-2) picked up the loss for the Sox, who fell to 45-33 on the season. Boston leads Baltimore by 2.0 games and New York by 2.5 games in the AL East. Miller hit Detroit's Jhonny Peralta with the bases loaded in the seventh, plating Austin Jackson.

In the eighth Torii Hunter drove in Avasail Garcia with a sac fly and Prince Fielder singled home Bryan Holaday and Jackson.

Felix Doubront worked 5.0 innings for Boston, allowing two earned runs on four hits. The Sox actually had success against Tigers ace Justin Verlander, scoring four runs on seven hits in five innings. Dustin Pedroia and David Ortiz each had three hit days for Boston.

METRO

Red Sox manager John Farrell was ejected by umpires yesterday after arguing a called error by Daniel Nava in the outfield. / GETTY IMAGES

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Compensation is $12.50 per hour.

For more information, please contact the Laboratory of Neuromodulation by phone at 617-952-6155 or by email at recruitment@neuromodulationlab.org

Stanley Cup Final

Bergeron's status unclear for Game 6

Patrice Bergeron's status for tonight's Game 6 of the Stanley Cup Final remains uncertain after he suffered a reported spleen injury in the Bruins' Game 5 loss Saturday night in Chicago. Sportsnet Canada's Nick Kypreos was the first to report that Bergeron, who left the United Center in an ambulance Saturday night, possibly injured his spleen.

Bergeron was discharged from a Chicago hospital and flew back to Boston with the Bruins yesterday morning.

"It's just an injury that wasn't able to let him finish the game," B's head coach Claude Julien said about Bergeron's injury. "He may be in next game. I'm not going there."

Carl Soderberg, who played in his first NHL playoff game in Game 5, was inserted on the team's second line with Bergeron shelved.

Kaspars Daugavins could be in the B's lineup tonight as well. MATT BURKE

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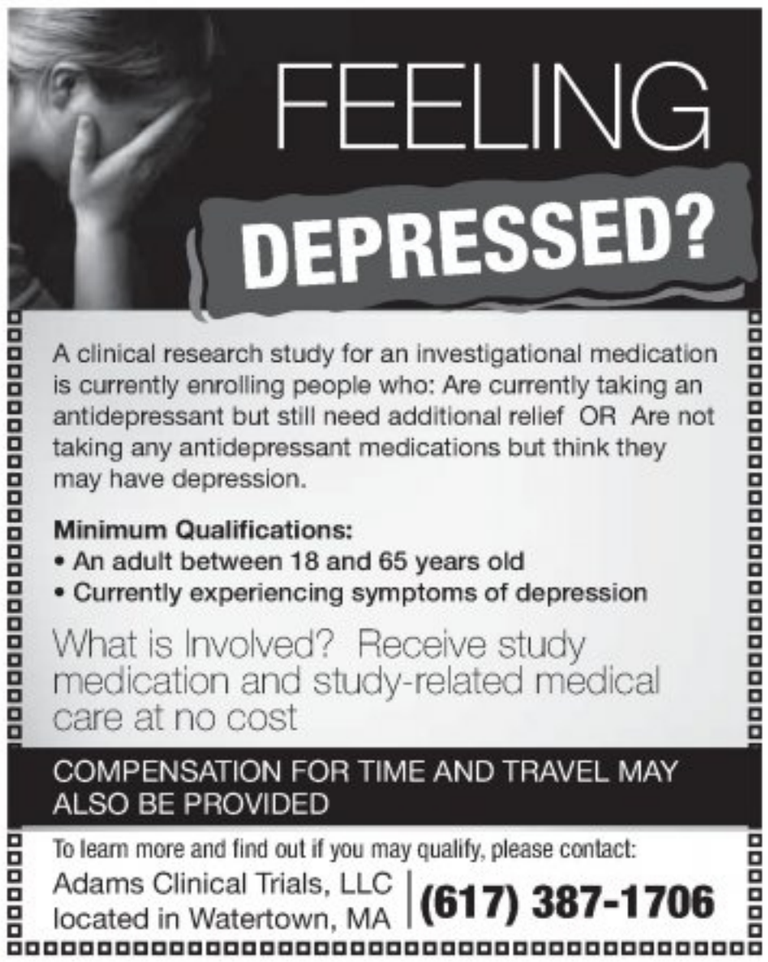

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